THRIVE EMERGE

Emotional Regulation Resources

Books and Workbooks

1. **The DBT Skills Workbook for Parents of Teens**
   Helps parents learn and use Dialectical Behavior Therapy (DBT) skills to communicate better, set limits, and help teens regulate.

2. **Self-Regulation Workbook for Teens (OT Toolbox)**
   Designed to help teens manage emotions, impulses, and actions; parents can use it in tandem.

3. **Helping Teens Learn Self-Regulation: Lessons, Activities & Worksheets**
   A resource of structured lessons and hands-on worksheets that parents, teachers, or therapists can use.

Programs, Curricula & Trainings

6. **AACAP - Resources for Parents: Emotional Dysregulation**
   The American Academy of Child & Adolescent Psychiatry offers vetted guides, articles, and recommended readings for parents dealing with emotional dysregulation.

7. **CDC - Tips for Coaching Teens to Recognize and Manage Emotions**
   Practical, accessible tips for everyday conversations and coaching around emotional awareness.

8. **Triple P (Positive Parenting Program)**
   A broad parenting program with levels appropriate to adolescents, focusing on behavior, emotional development, and relationships.

9. **FOCUS (Families Overcoming Under Stress)**
   A family-level resiliency program that includes emotional regulation, communication, and coping skill-building.

10. **FRIENDS Program / Youth Resilience Programs**
    A structured social-emotional learning curriculum used in schools and community settings; includes caregiver sessions.

Tools & Activities

11. **30+ Emotional Regulation Activities for Teens**
    A free list of practical exercises (breathing, body awareness, journaling, etc.) that parents and teens can do together or independently.

12. **Emotional Regulation Tools Booklet (Feelings Help Box)**
    A printable resource of emotion-management tools, meant for parents to use with kids.

13. **Emotional Regulation Guide for Parents (Feelings Help Box)**
    A detailed guide explaining the "why" and "how" behind emotional regulation, with parent-focused strategies.

14. **Mightier (Biofeedback + Video Game Platform)**
    Though aimed more at younger children, Mightier uses biofeedback games to teach regulation skills that can be adapted for older ages.

Articles & Thought Leadership

16. **Co-regulation: Helping children and teens navigate big emotions (Harvard Health blog)**
    A thoughtful article explaining the concept of co-regulation and how caregivers can effectively support emotional regulation in youth.

17. **Child Mind Institute - DBT for Parents**
    A parent-friendly introduction to DBT skills, emphasizing modeling, de-escalation, communication, and connection.